

# Preparing low-risk home-baked goods for sale



Do you want to prepare home-baked goods—such as cookies, breads, muffins, or cakes — to sell at your local farmers market, community bake sale, or directly to a customer?

If the food you are preparing is considered to be “low risk” you do not need a permit under the Nova Scotia Food Safety Regulations.

You do, however, need to follow the recommendations in this factsheet to keep the people who will eat your baked goods safe.

## What is a low-risk food?

Food that

- does not need to be kept refrigerated or frozen to stop the growth of bacteria and to prolong the life of the food product
- does not contain ingredients that bacteria could grow on, such as meat or fish

If the food you are preparing contains dairy or egg products, make sure it has

- a high salt or sugar content
- low moisture content or
- low pH

This will keep it from growing micro-organisms that could spread disease.

Not sure if your baked goods are “low risk”? Contact the [Nova Scotia Department of Environment and Climate Change](#).

# Follow these Recommendations

## Keep your kitchen clean

- Make sure anything that touches the food is cleaned and sanitized before and after you prepare the food. This include counters, utensils, and equipment.
- Keep family members, visitors, infants and small children, and pets out of the kitchen while you are preparing the food.
- Make sure there are no insects or rodents in the area where you are working with the food or storing it.

## Keep yourself clean

- Wear clean clothes and an apron.
- Wash your hands often with a liquid soap from a dispenser and dry them with disposable paper towels. Be sure to wash your hands before you handle the food, every time you handle raw food, and after using the toilet.
- Do not cough or sneeze while you are around the food. If you can't help it, cover your mouth and nose with a cloth or tissue and then wash your hands immediately.
- Do not prepare food if you are ill, or someone in your home is ill. Symptoms of illness include vomiting, diarrhea, fever, cough, or severe abdominal pain.
- Do not prepare food if you have infected wounds or lesions that are open or draining around your hands, wrists, or parts of your arms not covered by clothing.

## Use safe water

- Make sure the water in your home is safe to drink. If you have a private well, it should be tested regularly. Learn more at [novascotia.ca/well-water-testing/](https://novascotia.ca/well-water-testing/).

## Use proper packaging and equipment

- Use containers, utensils, and equipment that are designed for food.
- Use proper food-grade packaging to protect the food while it is being stored, displayed, or transported.

## Keep the food safe

- Ensure the ingredients you are using are in good condition and are not spoiled.

## You are allowed to sell in these places:

- Public markets (such as farmers markets)
- Bake sales
- Temporary events
- Direct to the person who will be eating your baked goods

## You are NOT allowed to sell in these places:

- Facilities that make food, such as restaurants, cafeterias, caterers, or bakeries
- Facilities that sell food, such as convenience stores, grocery stores, and coffee shops
- Facilities, such as hospitals, health centres, special care homes, long-term care homes, and licensed child-care centres, that care for vulnerable people

## Additional information

- Under the Health Protection Act, Nova Scotia Public Health officers have the right to inspect where you prepare and store your food if the department receives a complaint about unsafe food practices.
- You may also have to follow requirements set by the federal [Canada Food Inspection Agency](#) or the municipal/town governments where you live.

For more information on food safety, visit [novascotia.ca/nse/food-protection/](https://novascotia.ca/nse/food-protection/).

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